



COMMONWEALTH of VIRGINIA

Department for the Aging

Julie Christopher, Commissioner

[Click here to go to the Virginia Department for the Aging Home Page](#)

TABLE OF CONTENTS AAA TUESDAY E-MAILING September 6, 2006

SUBJECT	VDA ID NUMBER
<u>Get Alarmed Virginia! Smoke Detector Installation and Fire Safety Education Program Grant Opportunity</u> (Elaine Smith)	06-161
<u>Limited English Proficient Clients</u> (Ellen Nau)	06-162
<u>National Adult Day Services Week September 17-22, 2006</u> (Ellen Nau)	06-163
<u>GrandDriver Volunteer Teleconference Training Scheduled for September 26, 2006</u> (Faye Cates)	06-164
<u>AAA Nutrition Directors Meeting & Training</u> (Elaine Smith)	06-165

Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: September 6, 2006

SUBJECT: *Get Alarmed Virginia!* Smoke Detector Installation and Fire Safety
Education Program Grant Opportunity

The Virginia Department of Health, Division of Injury and Violence Prevention is currently accepting proposals to implement the *Get Alarmed, Virginia!* residential smoke detector installation and fire safety education program in local communities such as yours between November 1, 2006 and September 29, 2007. Each proposal selected will be awarded \$45,000 to put into operation the required activities of the program.

Proposals are due by 3 PM on October 6, 2006.

Funds can be used for:

- purchasing long life lithium battery smoke detectors
- paying staff to install smoke detectors
- purchasing equipment to install detectors such as ladders, drills, etc.
- developing and launching media and marketing campaigns
- limited local travel mileage and office supplies

VDA supported VDH to receive these funds and now encourage and support any AAAs to apply for this opportunity.

Organizations that are not fire departments may apply. However, you must include with your application a memorandum of agreement or understanding from your local fire department that clearly states their willingness to train smoke detector installers during the lifetime of the project. An organization that received a *Get Alarmed, Virginia!* grant in the past may also apply.

Get Alarmed Virginia! Smoke Detector Installation and Fire Safety Education Program
Grant Opportunity
September 6, 2006
Page 2

For your convenience, an electronic copy of the *Get Alarmed, Virginia!* 2006-2007 RFP and additional information about the program is available on the VDH Web site at <http://www.vahealth.org/civp/fire/GAVRFP.asp>

If you are interested in applying, please review the Request for Proposals document very carefully to ensure that your proposal includes all of the requirements as outlined in the RFP. Please feel free to contact [Lenny Recupero](#), Community Injury Prevention Coordinator, Division of Injury and Violence Prevention, with any questions you may have. He can be reached by telephone at (804) 864-7734 or by E-mail at Leonard.recupero@vdh.virginia.gov. Please share this information with other injury prevention providers in your community.

Please contact me at Elaine.Smith@vda.virginia.gov or 804-662-9319 if you have questions or comments.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Human Services Program Coordinator

DATE: September 6, 2006

SUBJECT: Limited English Proficient Clients

Office of Newcomer Services
Department of Social Services
Partners Meeting
August 24, 2006

The Partners Meeting was held on August 24, 2006 at the Virginia Emergency Operations Center at 7700 Midlothian Turnpike in Richmond, Virginia. This proved to be a very effective venue for presenting information on the emergency nature of an influenza outbreak. The focus was on the refugee population in Virginia. Concerns were expressed on how to reach this population in case of an epidemic and how to convey to refugees the proper response to the emergency. Language and ethnic barriers as well as refugee reaction to being approached by government agencies were discussed by various speakers. Members of emergency operation teams throughout the Commonwealth were at the meeting and contributed to the presentations. Attendees participated in a variety of exercises concerning pandemic flu outbreaks and community reaction. Much of the information conveyed at the meeting could pertain to situations encountered in working with the elderly during pandemic flu outbreaks. Lisa G. Kaplowitz, M.D., M.S.H.A. Deputy Commissioner, Emergency and Response Programs, Virginia Department of Health, presented information to the group on pandemic flu.

The key to dealing with refugee populations during an emergency is to identify the population in advance and establish a relationship with the leaders of the various ethnic groups. Agency participation in local and area emergency planning is a must for being prepared for potential disasters. Lists of emergency responders provided to attendees included the contact information

Limited English Proficient Clients

September 6, 2006

Page 2

for the Virginia Department of Emergency Management Regional Coordinators, Virginia Medical Reserve Corps Units and Virginia Community Emergency Response Team Programs.

Updated information on the Virginia refugee population was presented at the meeting. Refugee arrivals in Virginia FFY 2006 for the period October 1, 2005 through August 21, 2006 number 1,082. The northern area of the Commonwealth received 483 refugees, Southwest 82, Tidewater 107, Valley 126, Central Virginia 284. Population groups included: 96 from Asia-South/East; 94 from Caribbean; 26 from former Soviet Union; 115 from Middle East; 108 from Africa-Cent & South and 120 from Africa-West. Refugee designations include: 871 refugees; asylees 132 and Cuban-Haitians 79. Information on the elderly refugee population can be obtained from Amino Shogo, Director of REAP (Refugee Elderly Assistance Project) NOVA Regional Coordinator at 703-300-8055.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Human Services Program Coordinator

DATE: September 6, 2006

SUBJECT: National Adult Day Services Week September 17 – 22, 2006

Adult Care Center of Central Virginia

The Adult Care Center will host a photography exhibit and opening reception on Friday, September 22nd from 1:00-3:00 p.m. at the Center in historic downtown Lynchburg, Virginia. The photography exhibit is entitled “Sharing the Story of Caring” and features original portraits and comments of local family caregivers with their loved ones for whom they provide care. This exhibit is the first offering of this kind by the Adult Care Center and concludes their celebration of National Adult Day Services Week.

Lynchburg Mayor Joan Foster will open the exhibit with a proclamation honoring Adult Care Center Day. The Adult Care Center, founded in 1985, is a nonprofit, United Way member agency that provides a therapeutic day program for health-impaired adults while giving their families a break from fulltime care. The Center is also committed to caregiver education and raising awareness of family caregiver issues.

Elizabeth Sumpter, the Center’s executive director, designed this photography exhibit to open the discussion of family caregiving in our community. “We hope to raise a new public awareness and regard for the care so many families are giving to their frail loved ones. By looking into the faces of the caregiver and their aging parent or spouse you can catch a glimpse into their world and their relationship,” states Ms. Sumpter.

In addition, The Adult Care Center is offering a series of free caregiver seminars for individuals concerned about elder care issues. The series **CAREGIVER COLLEGE** is scheduled as part of

National Adult Day Services Week September 17 – 22, 2006

September 6, 2006

Page 2

National Adult Day Services Week and will meet Monday-Thursday, September 18-21 from noon to 1 p.m. at the Adult Care Center.

Experts will lead each session and focus on a specific health issue while sharing helpful strategies for family caregivers. Topics scheduled are:

September 18 – Parkinson's Disease

Jimmy White, Parkinson's Disease Support Group

September 19 – Alzheimer's Disease and Using "CareFinder"

Denise Scruggs, Central & Western Virginia Chapter Alzheimer's Association

September 20 – Mental Illness

Vicki Sandifer, Mental Health Association of Central Virginia

September 21 – Stroke

Jodi Harris, RN, Neuroscience Division, Centra Health

The Adult Care Center is a nonprofit, United Way member agency that provides a therapeutic day program for health-impaired adults while giving their families a break from fulltime care. The Center is also committed to caregiver education and raising awareness of family caregiver issues.

The **Adult Care Center** and **Caregiver College** are at 621 Court Street (in Court Street United Methodist Church). For more information and to register for any of the sessions of CAREGIVER COLLEGE call 434-847-8111.

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors, Information and Referral/
Assistance Specialists, and Public Information Officers
Area Agencies on Aging

FROM: Faye D. Cates, MSSW, Human Services Program Coordinator

DATE: September 6, 2006

**SUBJECT: GRANDDRIVER VOLUNTEER TELECONFERENCE TRAINING
SCHEDULED FOR SEPTEMBER 26, 2006**

First, I want to extend my appreciation to those of you who have designated staff to help promote GrandDriver in Virginia. This is a great opportunity to engage our greater community in a discussion about aging and driving through a sustained public relations campaign. Campaigns in other states conclude that those seniors exposed to the GrandDriver campaign are more likely to discuss senior driver issues, more likely to talk to their doctor about the issue and more likely to be more careful and keep up their driving skills, all goals of the campaign.

The teleconference training is scheduled for 10:00 a.m. – 12:00 p.m., Tuesday, September 26, 2006. I will mail the training CDs and training materials to all AAAs, so the information is available for your information and referral/ assistance staff who might receive inquiries from consumers and for your community outreach efforts, i.e., community health fairs, senior center presentations or other special events. Even if you do not participate in the speakers bureau component of the campaign, we hope you will have staff join us for the teleconference so they are well informed of the initiative.

Attached you will find a listing of those AAAs and their designees for the teleconference training. For those AAAs who have not designated staff for the teleconference/speakers bureau in your service area, please consider asking for volunteers from your Board, AARP or RSVP to train to be a part of the public awareness campaign. AARP is a partner of the project, so if you have members on your Board or who serve on other agency affiliated task forces or subcommittees, this would be a perfect opportunity to get them involved, especially if they enjoy public speaking. That peer-to-peer contact will be invaluable as we try to help seniors understand the impact of aging on their driving. I look forward to working with you on this important campaign that will help seniors learn how they can remain safe drivers.

**GRANDDRIVER AAA TELCONFERENCE TRAINING/ SPEAKER'S BUREAU
REPRESENTATIVES**

PSA	Agency	Name & Phone Number
1	Mt. Empire Older Citizens, Big Stone Gap	Mike Henson, Transportation managers
2	Appalachian Agency for Senior Citizens, Inc. Cedar Bluff	Joy Jones
3	District Three Senior Services, Marion	Libby Davis
4	New River Valley Agency on Aging, Pulaski	Tina King, Program Manager
6	Valley Program for Aging Services Waynesboro	Paul Lavinge, Executive Director
7	Shenandoah Area Agency on Aging, Inc. Front Royal	Linda Fumea + possibly a Board Member
8A	Alexandria Office of Aging and Adult Services Alexandria	Linda Cotton, I&R Specialist
8B	Arlington Agency on Aging Arlington	Karen Crane, Elyse Politi, Michele Campbell
11	Central Virginia Area Agency on Aging Lynchburg	Karen Bresach
14	Piedmont Senior Resources Area Agency on Aging, Inc., Burkeville	Mike Cary
16	Rappahannock Area Agency on Aging Fredericksburg	Jim Schaefer, Executive Director
17/18	Bay Aging, Urbanna	Renee Payne
21	Peninsula Agency on Aging, Newport News	Marion Welliver

COMMONWEALTH of VIRGINIA
Department for the Aging
Julie Christopher, Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: September 6, 2006

SUBJECT: AAA Nutrition Directors Meeting & Training

The Nutrition Directors meeting and training is scheduled for Friday, September 22, 2006 in Richmond. There is no limit on the number of attendees from each AAA. The training is not mandatory, however, if possible it is important for a representative from each AAA to attend and subcontractors are welcome. Please encourage dietitians or those involved with your menu planning to attend.

Jean Daniello, MS, RD, LDN, from U.S. Food Service, Columbia, MD, will be our guest speaker. Ms. Daniello has extensive experience writing menus to meet the nutrient requirements for seniors and will lead us through a hands-on menu planning exercise.

We will also be using videoconferencing technology so that our training can be viewed remotely at the Mountain Empire Older Citizens (MEOC) offices in Big Stone Gap, Southwest VA. Nutrition Directors in the Southwest VA region are invited to participate at MEOC. Please contact Nancy Smith by phone: 276-523-4202 or 800-252-6362 or by email: nsmith@meoc.org for details.

Enclosed is the following information:

- Information Sheet
- Registration Form
- Tentative Agenda
- Directions

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

AAA Nutrition Directors Meeting & Training
September 6, 2006
Page 2

Please complete the following by September 15, 2006:

- Guest Rooms – If needed, please call and make your reservations directly with the hotel of your choice.
- Lunch and Registration Fee - Mail your check for \$10.00 payable to the Virginia Department for the Aging to Elaine Smith at VDA, 1610 Forest Avenue, Suite 100, Richmond, VA 23229.
- Registration Form – Fax to Elaine at (804) 662-9354.

Please contact me with any questions or concerns. I can be reached by telephone (804) 662-9319, fax: (804) 662-9354, or email: elaine.smith@vda.virginia.gov

I look forward to seeing you!

INFORMATION SHEET

AAA Nutrition Directors Fall Meeting & Training
Friday, September 22, 2006
10:00 a.m. – 4:00 p.m.
Richmond, VA

Location

Virginia Department for the Aging (VDA) Conference Room, 1610 Forest Avenue, Suite 100, Richmond VA 23229. Directions are enclosed. Using videoconferencing technology, the training will also be viewed at ***Mountain Empire Older Citizens (MEOC)***. Nutrition Directors in the Southwest VA region are invited to join staff at MEOC to participate in the training by videoconference.

Registration Form and Fee

A \$10/person registration fee is requested to cover the cost of lunch at VDA. Please complete and send the enclosed registration form and registration fee to Elaine Smith at VDA by September 15. Checks should be made payable to the Virginia Department for the Aging.

If you plan to take part in the videoconference at MEOC, please note that on your registration form and contact Nancy Smith at that agency by phone: 276-523-4202 or 800-252-6362 or by email: nsmith@meoc.org by September 15. Nancy will provide further information.

If no one from your agency is able to attend, check that box and return the form by September 15.

Guest Rooms

Following are several reasonably priced, hotels nearby the VDA office:

Holiday Inn Express
9933 Mayland Drive
Richmond, VA 23233
1-800-465-4329

Fairfield Inn and Suites
9937 Mayland Drive
Richmond, VA 23233
804-545-4200

Comfort Inn Executive Center
7201 W. Broad St.
Richmond, VA 23294
1-800-424-6423

Best Western Executive Hotel
7007 West Broad Street
Richmond, VA 23294-3717
804-672-7007

Meals

Lunch will be provided. Please note on your registration form if there are any special dietary needs.

Swap & Share

If you have information you wish to share, please bring 28 copies so each AAA can receive one copy of each item; *examples* include: Menus – Nutrition Analysis; Activity Calendars; handouts - brochures – printed materials; innovative materials and best practices; policies and procedures such as:

- Weather related emergencies & other situations that affect service delivery
- Food server or employee health & hygiene
- Procedures for volunteers who deliver meals
- Program evaluation plans, including monitoring of subcontractors
- Any other policies or procedures



AAA Nutrition Directors Fall Meeting & Training
September 22, 2006, 10:00 – 4:00 PM
Richmond, VA

Please send Registration Form to Elaine Smith at VDA by September 15, 2006
Fax: (804) 662-9354 Email: Elaine.Smith@vda.virginia.gov

Name	Title	Email
------	-------	-------



TENTATIVE AGENDA

AAA Nutrition Directors Fall Meeting and Training
Friday, September 22, 2006
Richmond, VA

The training and meeting portion will run from 10:00 a.m. to 2:30 p.m. The networking and information exchange will be **optional** and run from 2:30 until 4:00 p.m.

Training and Meeting

10:00 – 10:15 Introductions and Welcome

10:15 – 11:00 Review of DRI's and VDA's Menu Planning Guidelines

11:00 – 11:10 Stretch Break

11:10 – 12:00 Menu Planning Basics

12:00 – 12:30 Menu Planning Exercise

12:30 – 1:00 Lunch

1:00 – 2:00 Nutrient Analysis and Menu Review

2:00 – 2:30 Information from Administration on Aging and SUA Nutrition Meeting

2:30 – 2:40 Evaluation for those leaving - Stretch Break for those staying

Networking and Information Exchange Forum

(Optional)

2:40 – 3:50 Networking and Information Exchange Forum

3:50 – 4:00 Wrap up and Evaluation

**Directions to the Offices of the
Virginia Department for the Aging
Forest Office Park
1610 Forest Avenue, Suite 100
Richmond, Virginia 23229
(804) 662-9333**

The offices of the Department for the Aging are easily accessible from I-64 West of the City of Richmond. Free parking is available around the building. Maps of the surrounding area and of the Forest Office Park are attached to these directions for your convenience.

From Washington or Petersburg (and points North and South of Richmond)

Take I-95 to Richmond (DO NOT TAKE I-295, STAY ON I-95). Follow signs for I-64 West towards Charlottesville. Follow I-64 West to Exit 183A (Glenside Drive South and the University of Richmond). Stay in the right hand lane as you get onto Glenside Drive and go to the second traffic light. Turn right at this light onto Forest Avenue. Stay on Forest Avenue and go through the next three traffic lights. After the third light (Discovery Drive), turn right almost immediately into the first driveway on your right. You should see a sign saying 1610 Forest Avenue with “Virginia Department for the Aging” on it. In the middle of the building is the entrance – go into the building on the side that faces Forest Avenue, and VDA will be in Suite 100 directly to your left.

From Charlottesville (and points West of Richmond)

Follow I-64 East to Richmond. Take Exit 183 (Glenside Drive and the University of Richmond). At the traffic light, turn right. Go to the next traffic light and turn right onto Forest Avenue. Stay on Forest Avenue and go through the next three traffic lights. After the third light (Discovery Drive), turn right almost immediately into the first driveway on your right. You should see a sign saying 1610 Forest Avenue with “Virginia Department for the Aging” on it. In the middle of the building is the entrance – go into the building on the side that faces Forest Avenue, and VDA will be in Suite 100 directly to your left.

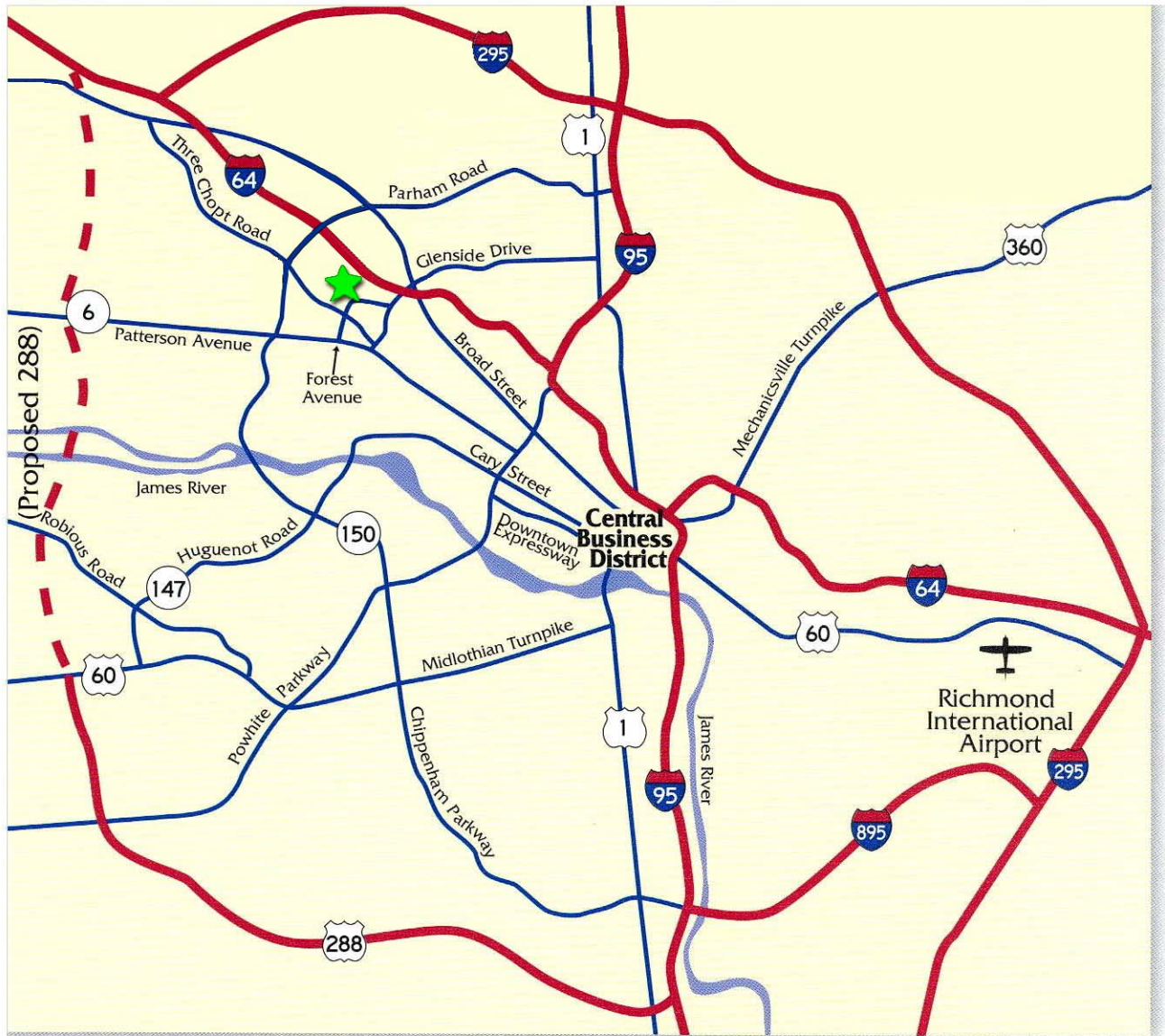
From Norfolk (and points East of Richmond)

Follow I-64 West to Richmond (DO NOT TAKE I-295, STAY ON I-64). Follow signs for I-95 North to Washington and then follow signs for I-64 West to Charlottesville. Follow I-64 West to Exit 183A (Glenside Drive South and the University of Richmond). Go to the second traffic light and turn right onto Forest Avenue. Stay on Forest Avenue and go through the next three traffic lights. After the third light (Discovery Drive), turn right almost immediately into the first driveway on your right. You should see a sign saying 1610 Forest Avenue with “Virginia Department for the Aging” on it. In the middle of the building is the entrance – go into the building on the side that faces Forest Avenue, and VDA will be in Suite 100 directly to your left.

FOREST OFFICE PARK

1500 FOREST AVENUE • SUITE 100 • RICHMOND, VIRGINIA 23229-5104 • (804) 282-5461 • FAX: (804) 282-5479

FOREST
OFFICE PARK



Conveniently located at the intersection of Forest Avenue and Three Chopt Road, Forest Office Park is within minutes of downtown Richmond, the Richmond International Airport, and Interstate 64. Tenants and visitors to the park enjoy easy access to upscale shopping, lodging and dining facilities nearby, as well as the University of Richmond, Henrico Doctors Hospital, the Country Club of Virginia and many prestigious residential neighborhoods.

FOREST
OFFICE PARK

Forest Office Park consists of 19 buildings on more than 54 acres. Each building offers flexible floor plans, free conference facilities, abundant parking, and on-site management and maintenance. The park also hosts a post office, cafeteria, and drop boxes for express delivery service. This combination of location and amenities make Forest Office Park the best office value in Richmond's West End.

